There's One Range That's Always Good



Makes Cooking Easy."

Reynolds & Son, Barre, Vermont

n better boss, and in a few weeks be

was in charge of the yard. Then he

was sent to straighten out a bad com-

plication at the mills and from this time

forward was used to perform what was

Meanwhile Ruth Twining had spent

My Dear Old Sweetheart-I have never

typewriter to copy:

The Times' Daily Short Story.

AN INCORRIGIBLE fore it was evident that he would make **SPELLER**

Ruth Twining sat with an open note considered impossible for any one else. in her hand, a picture of miscry and Superintendent, secretary, vice presidisappointment. She was a cultured, dent, were his successive titles, and at refined girl, who at school and after- last when the president had got the ward at college had been noted for the company "into a hole" Boyd was given correctness of her English and the a block of the stock and made presifaultlessness of her essays. She had dent for the purpose of getting it out. been born to wealth and luxury and This he accomplished in a few years was now suffering from reverses that time, and it made him rich. had occurred to her father. Young Dick Boyd, whom she had long known a dozen years teaching and had reached be ever since she was ten years old, in English composition. Her principal had her promise to marry him as soon duty was to correct the juventle essays as he was sure of a permanent income, of the scholars, a work she did over But, while she loved Dick, she was and over again till her eyes ached and uncertain as to the wisdom of passing life seemed a burden. One day when that was not blotted, misspelled, unble. She had hoped that when he be letter. It read: came a man he would do better, and now she had evidence that he was not blamed you for not expecting anything of now she had evidence that he was not so bad a speller as I. The fault is inher-doing better. This is a copy of the note ited. My father couldn't spell correctly.

she held in her hand, a note from Dick: and my sister is no better at spelling than I expect to get away from bisiness early and my sister is no better at spelling than a expect to get away from bisiness early and as I shall never seed as I shall nev I expect to get away from bisiness early this afternoon and will come for a walk before dinner. I'm not shure, but if I come will be there by 5 o'clock. A man who I have an appointment with may keep me back. Otherwise you will see me on time.

Pereferences: I have be an access and another field, and as I shall never marry any one if I can't marry you I write to ask you if you will alter your decision of a dozen years ago. Whether I live a bachelor or a happy married man depends on time.

"It's just as I always feared," she Had this letter not been written by a moaned. "How can a man who can't spell 'business' take any stand in business. "Sure" spelled with an 'h.' 'A moved by it. As it was, she would as man who I have an appointment with. Well have read it in a book. She took 'You will see me on time.' One would up her pen, wrote a refusal to reconsuppose my determination on the sub- sider the matter and was about to adject to be irresistible. "No," she went dress it when, looking at the envelope on after much deliberation, "it will in which Dick's letter had been innever do for me to link my life with closed for his address, she saw that one who must ex natura rel (from the something had been left in it. She nature of the case) take a low stand drew out a piece of paper on which even in the world of business."

It will be observed from this solilobred girl who preferred a Latin to an English expression and had more respect for professional than business quy that Miss Twining was a college life. She broke her engagement with Dick Boyd, though it cost her a severe pang to do so, and became a teacher. Everybody predicted that she would become prominent, and, as for Diek Boyd, most persons who had seen spectmens of his literary productions put him down as sure to hold his position on the bottom rung of the ladder.

Dick on entering upon his position with the Starling Lumber company, a concern of many years' standing, was placed at clerical work. After leaving know the difference between the mea blot on nearly every page of the ledger and sending out a number of misspelled and inaccurate statements him to come to see her. the president called him into his private office and told him, putting it kindly, that he thought he would do better outside. Dick went outside and salary of a hundred dollars a month. instead of blotting the books became a She is Mr. Boyd's former typewriter. lumber shover. But it was not long be-

PERIL IN GRAVY EATING

response an analysis and an analysis and an analysis and an analysis of Senator Pettus Points Out Its Deleterious Effect.

SHORTENS THE LIFE OF MANKIND

That Is the Gastronomical Warning of the Youthful Alabama Statesman at the Age of Eighty-three-The Sooner Gravy Is Banished From Our Diets, He Says, the Better Will Be Coming Generation's Health.

"Young man," said Senator Pettus of Alabama, aged eighty-three, to a Washington correspondent, "the reason people get fat is because they and whose wife she kad expected to a position at \$700 a year as instructor eat too much gravy with their meat. Observe me. The Congressional Directory says I am eighty-three. Maybe I am, but I don't feel that old by forty years. I have never eaten much gravy. she was more tired and disheartened I was raised on a plain diet, and I he had never handed in a composition than usual a letter addressed by type. have lived on it all my life. In this writer was handed her. She opened day gravy is called sauce, I know. It's grammatical and generally discredita- the envelope and took out a typewritten a French word that means gravy, and if it had not been given a French name by the English speaking races I dare say not so much of it would be enten. It is shortening the life of the race, just like so many other French abominations are, and the sooner we banish it from our diet the better will be the health of the generation of young men and women coming on to take our

> "Now, mark you, I don't object to a little gravy on my meat, but just a litdoes not aid digestion at all, you know. On the contrary, it harms it-first, by Interfering with the functions of the salivary glands, then by preventing the gastric fuices from doing their perfect work, and finally by neutralizing the action of the ailmentary juices. So I tell you to quit enting gravy on your meats. If you prefer to call it sauce, all right; but, by whatever name you designate it, by all means stop soaking your meats in it before eating them.

I haven't ever blamed you for not ex-"A little of the natural juices of the meats, even if occasionally thickened with flour to give the gravy consistency, is not harmful; but, since the never mary enny body if I can't mary you (blot) I woud like to know if you will change your mind of a dozen years ago. race is running to sauces, I am loath even to hint at the harmlessness of Somehow this bit of blotted, mis- this.

"But, senator," the young men protested. "maybe it's your habits that have preserved you in perfect heal h to such a ripe old age. Haven't your ticularize the signal by which such a written in pencil on the back, "Don't habits been always regular? No latebours and all that sort of thing, ch?"

tell him I put this in or I'll lose my po-"My habits, young man," replied the fine old Alabama statesman, with a sport of rage and defiance, "have aimused Ruth; "only a woman would ; ways been like the verb-regular, ir regular and defective, begad, sir." chanical and the real." And straight-

> Our Coal Fletos. The United States is the greatest coal producing country in the world.

A GREAT LABOR STRIKE. 12

Millions of Workers Out

One of the greatest labor strikes you can possibly imagine is that which takes place in your body when you eat improper food. Your body is a workshop and in it are millions and millions of food you eat is of a poor quality these five million toilers-these five millions of little microscopic pepsin makers-strike, and millions and millions of other tissue builders in other parts of the body also strike through sympathy. They may strike for but a short time, but it is long enough to throw a lot of the delicate and intricate machinery in that wonderful workshop of yours out of repair and

cause all manner of trouble. .The way to avoid labor strikes in the body is to supply that wast horde of artisans which build it with proper food material, and for this purpose there is noth-ing so good as Shredded Whole Wheat Biscuit, the only naturally porous food made from wheat. It is light, crisp, wholesome, and can be digested with case. Shredded Wheat makes rich, red bloodblood that makes strong men, women, and

"I have used Shredded Wheat Biscuits in hospital practice and find the results highly satisfactory. They are especially beneficial in cases of indirection, compilicated with constipa-tion."—Albert A. Taft, M. D., Carney Hospital.

con, always, and in cases of chronic con-ation and dyspepsia, Birredded Wheat act ation of the very best remedies I have eve scribed."—B. F. Anderson, M. D. Colorate

Send to the Natural Food Co., Ningara Falls, N. Y., for the "Vital Question" cook on the window pane. book; Illustrated in colors; sent free.

Tales of Mystery

Strange and Weird Happenings That Are Difficult to Explain.

How Two Ghosts Appeared to a Woman In Munich-The Knock on a Window Pane, A Warning of Death.

Most persons will admit that a hotel in Munich is hardly the sort of place phantoms would choose for walking abroad in. Nor are ladles intent on inspecting the art treasures of that town likely to see curiously dressed ghosts in their hotel rooms.

And yet an English lady in similar circumstances met with a mysterious



THE STRANGE VISITORS BOWED.

experience. One early morning she lay in bed wide awake. Suddenly the door that way. His father died of cancer gan. Both sides of the larnyx were inopened, and two well dressed cavallers in the larynx. His mother died of can volved, and the patient had reached entered the room. One of these gentlemanly intruders had an old fashioned uniform of bright yellow with blue it. Do not be deceived by the early ally examined. There was no longer facings. He were high boots, with no bulletins. Watch for a recurrence of any doubt of the true nature of the tuspeck of dust on them. He made a low the growth. Watch for another operaobelsance as he stepped forward from the door, taking off his cocked hat and the door, taking off his cocked hat and "Remember the early bulletins when the first removal of the cancer. He underwept a dozen operations. Each made a second low bow as he again advanced and then a third when he stood within a few feet of the bed. Behind him was another man equally well dressed, but in a brown suit. As the lady looked astonished they both retired, bowing as before.

either of these two apparitions, and no reason has been discovered why they should have appeared in a modern bo-

Only the other day a leading magistrate at Manchester was entertaining an old military friend at his house. Both host and guest were Freemasons. The host had been giving himself the pleasure of attending a Masonic gathering, at which his soldier friend had been admitted by him to a higher gradeof Masonry. Of course we cannot divulge what this was, nor need we parnewly promoted brother could communicate his rank to another brother. Suffice it to say that the signal is given in raps in a most spirited fashion, "Rattat-tateratat!" was something like it.

Host and guest parted, one remaining at Manchester, one going to the country. The Manchester magnate went to bed, as magnates ought, at 11.

He soon fell asleep. The night was

But a little past 12 he suddenly started up wide awake.

In the profound slience he had distinetiy heard the Masonic signal rapped against the panes of his bedroom window-rat-tat-tateratat!

He had not been dreaming, for his wife had also been roused from sleep by the same sound. Being a matter of workers-tissue builders. In the stomach fact person and in total ignorance of alone there are more than five million of its significance, she was not particuthese workers, whose business it is to de- larly interested; but, seeing her husvise the means to build the body. If the band's excitement, she inquired what the sound meant, if anything was

wrong, if any one was there. "What is the time?" he asked, not heeding her questions. She lit the candle and looked at her

watch. It was 12:10. "Something has happened to our friend. Mark the time," said the mag-

istrate. And they once more turned to their pillows. The sequel proved the truth of the magistrate's words, for the next moru-

ing he received a telegram telling him that his friend had died the night be-

But the post brought the crowning touch to this mysterious affair. A friend of the dead man wrote that he had died suddenly shortly after midnight, saying that he was quite prepared to go, but regretted leaving his friends. And just before breathing his last he had expressed a special desire to bid farewell to his host of the previous day at Manchester.

Can such events be put down to the imagination? Remember in this case both busband and wife heard the knock



The Soap That Doesn't Work the Worker Is

Wash in the Sunlight way and you will understand. It does the work with less soap, less time and less labor and it does it well. The "Sunlight way" of washing is the easy way of washing.

ASK FOR "LAUNDRY" SHAPE SUNLIGHT

THE KAISER'S AILMENT

Two Surgical Experts Say He growth was removed. It was, to all Has Cancer.

CLAIM ALL EVIDENCE POINTS TO II | nosis of a benign papilloma. There was

One Authority Believes the Emperor Is as Good as In His Grave-Bad Taint Said to Be In the Blood-Case ond examination disclosed another be-

cer experts in New York said to a New the expert pathologist, who again con-York World reporter, each without the firmed the diagnosis of benign papilknowledge of the other, that it was lomn. There was no trace of mallgtheir positive belief that Emperor Wil- nancy. liam of Germany had been attacked Two years inter the policeman apby a cancerous growth in the laryux. plied a third time for relief. This time,

has a cancer as surely as I am sitting entirely different condition of the in this chair. All the evidence points veloped cancerous growth in that orcer. I tell you, the emperor is as good the incurable stage. The cancerous as in his grave, great as is the pity of growth was snared out and pathologic-

Grant was attacked. early bulletins when William's father, time the cancer was snared out of the the Crown Prince Frederick, developed larynx, but it kept on renewing itself. the so called 'benignant' growth in his and the progress of the disease was throat. Cancer, that's what It is."

Said the other surgical expert: is afflicted with a malignant tumor, cheotomy tube in his throat. Nothing was to be learned concerning | That is clear from the start. He has ther, his mother and his aunt died of ence. cancerous tumors. However, the would has about given up the belief in the hereditary transmission of cancer, and there is no reason for alarm simply because his parents had these malignant

growths. "When the Emperor Frederick (then the crown prince) was first attacked with the foreign growth in the laryax it was given out that it was a benigpant growth. There is no doubt that from the start the growth was maligneat. But Sir Morrell Mackenzie, the eminent English specialist, contended against the eminent German specialists that it was not a cancer, but a harmless excrescence. Sir Morrell Mackenzie made the crown prince the emperor of Germany, and 100 days later the emperor dled. It was a cancerous tumor from the beginning, but Frederick's accession to the throne made a difference of nearly \$500,000 a year in the income of his wife."

At the Vanderbilt clinic of the College of Physicians and Surgeons, Sixtieth street and Amsterdam avenue, there is the record of a case which, in the minds of those who agree with the above quoted, may be prophetic of the outcome of Emperor William's Bluess,

The case in question came under the observation of Dr. Richard Frothing ham, the instructor in throat diseases, who on request related the facts and circumstances.

The patient was a member of the poyears old. He first came under observation when he applied at a clinic for a relief from a trouble in his throat. He had been bothered with hourseness.

on one of the vocal cords about the size of a very small pea. An operation was performed with a

pair of Mackenzie forceps, and the appearances, an ordinary papilloma of the vocal cord. The specimen was subjected to a pathological examination, which confirmed the original diagno trace of malignancy.

In less than a year the policeman returned to the clinic. He said he was again bothered by hoarseness. A secon Record In New York Where a nign papilloma, identical in appearance Benignant Papilloma Became Ma- with the first and on the same spot in the larynx. There was a second operation, and the growth was removed with Two of the most distinguished can- Mackenzle forceps and given over to

Said one at his home; "The halser however, an examination showed an larnyx. Already there was a fully de-

steady until the policeman succumbed to exhaustion and died of heart fall-"There is no doubt that the emperor are. He lived for a year with a tra-

Dr. Frothingham said this case was a very bad taint in his blood. His fa- rare and the only one in his experi-

SCHWAB-MORGAN SONG.

Yerse Thrown on to Stage Makes a Hit In "Babes In Toyland."

Members of the Delta Upsilon soclety practically filled the Majestic theater in New York the other night. where "Babes In Toyland" is being given, says the New York World. During the "arithmetic song," sung by Miss Mabel Barrison, a young man in one of the boxes tossed a bit of paper on the stage. It proved to be a verse for the song, and Miss Barrison sang it for an encore. It ran as follows:

If Schwab and Morgan want to form A billion dollar trust And take some plants worth thirty cents

And some about to bust; If the public then the stock does take And pays a good amount, How many points does that stock break To lose your bank account?

Put down six and carry two, etc. The verse made the lilt of the even-

Fancy Pack of Cards.

The Prince of Wales, who does not really care for cards, has followed the opinions of the two celebrated experts example set by the kniser and has ordered a fancy pack for the benefit of his children, says a London cablegram to the Cincinnati Enquirer. In the kniser's pack the pope is the king of spades, his own august person is represented by the king of hearts and the four knaves are four presidents of the chief councils. The Prince of Wales lice force. He was about forty-five has made Queen Alexandra queen of hearts, his father king of hearts, the kalser king of clubs, Queen Marguerite of Italy queen of diamonds and the four knaves are members of the late The throat was examined. The trous cabinet. The cards are beautifully deble was found to be in the laryur. The | signed and printed, and the aces conmirror revealed a small, warty growth | tain portraits of favorite court officials.

ARE YOU SORE? USE aracamph Relieves Instantly or Money Refunded. CATARRH, BRONCHITIS, And all Throat Inflammations. It Cools. It Soothes. It Cures. Sold only in 25c., 50c. & \$1.00 Bottles. At all good Druggists.

Sold by D. F. DAVIS, "The Druggist," 262 North Main St., Barre, Vt.

WASHINGTON GOSSIP.

Some Odd Incidents In Congressional Life. Speaker Cannon of the house of rep-

resentatives recently designated the half moon shaped space directly in front of the speaker's desk as the "area," says the Washington correspondent of the New York Herald.

Champ Clark, the Democratic proverb maker from Missourl, announced that he will undertake to set a new style in the house. He will hereafter deliver all his remarks from the "area," Mr. Clark maintains that with the house of representatives containing he could make a dash for the desk be nearly 400 members, none of whom wanted. He waited. There were 400 "cares a bang" to hear the man who has the floor, something must be done Mr. Crumpacker drew the three huror oratory will be a lost art. A member addressing the house from the "area" would have an opportunity to train his guns on the faces of his enemy at least, even if he did have to turn his back upon the speaker.

See a pin and pick it up, And all the day you'll have good luck, This is the couplet which Representative Crumpacker of Indiana acknowl-

A GUARANTEED CURE FOR PILES. Itching, Blind, Bleeding or Protruding Piles. Your druggist will refund money if Pazo Ointment falls to cure you in 6 to

edges is his undoing. He came to congress with the firm determination to bring his psychological powers to bear to the end that he might be one of the first to be given an opportunity to select his seat. He walked to the cap-Itol with his mind focused on this very point. Just before he reached the entrance he spied a pin on the ground. Mr. Crumpacker has avolrdupois, and with his gloves on it required a determined effort to acquire the pin. He did so, however, and with satisfaction. feeling doubly assured that now the coveted sent was his. When the drawing began he crowded to the front where marbles in the box to be drawn, and

spelled paper, which at one time would

have repelled her, now beside its me-

chanical copy went straight to her

heart. Turning it over, she noticed

"That typewriter is surely a woman."

way she wrote to Dick Boyd inviting

Mrs. Ruth Boyd has a secretary who

writes her notes (with a pen), working

when she feels like it and drawing a

F. A. MITCHEL.

dred and ninety-ninth. A Subject For Clemency. "You admit stealing the hog?" asked

the justice. "Yes, suh." replied the prisoner, "but de sheriff kotched me 'fo' I'd half eat it up."-Atlanta Constitution.

Zip! Swish! Chug! See how they go! Now they are starting around the track! And now look how they are rushing back! Did you ever see such a scurrying pack?

Zip! Swish! Chog!

-Cleveland Plain Dealer.